E Newark - NJ Broadsides
June, 1986

9th ANNUAL PORTUGAL DAY 10K Race

SUNDAY, JUNE 8, 1986



Organization of
PORTUGUESE DEN OF LIONS
18 Gotthardt St.—Newark, N.J. 07105
Tel. (201) 589-7878

RACES:	**2 MILES** 8:45 A.M.	**10K** 9:15 A.M.	**1 MILE Roller Skates** 10:30 A.M.	**3/4 MILE** Elementary School Ages Only 10:45 A.M.

PLACE: Start—Finish—Check-In—Awards—At the Portuguese Sport Club, Ferry and Prospect Street, Newark, Ironbound.

PARKING: Free Parking Area at Peter Francisco Park — Near Penn Station.

T-SHIRTS: Comemorative **T-SHIRTS TO PRE-REGISTRANTS ONLY** (10K and 2 Miles).

FEES: 5.00 — Pre-Registration, Postmarked no later than June 4, 1986.
6:00 — Post-Registration (7:00—8:15 AM - **No T-Shirt**)
NOTE: Computerized results Pre-Registration desirable
3:00 — Pre-Registration — Roller Skates Race (No T-Shirt)
4:00 — Post-Registration — Roller Skates Race (No T-Shirt)

2:00 — 3/4 Mile Elementary School Ages Only. (Pre/Post)

AWARDS: 10K —
- Trophy over-all winners
- Trophies 1-2-3 age groups
- Medals 4-5 age groups
- Medals 6-7-8-9-10 (20-29, male age group)
- Gift certificates to over all and age group winners.



2 MILES —
- Trophy over-all winners
- Trophy age group winners
- Medals 2-3 age groups

1 MILE — (Roller Skates)
- Trophy over-all winners
- Trophy age group winners
- Medals 2-3 age groups



3/4 MILE — (Elem. Schools)
- Medals to all finishers.

10K TEAMS COMPETITION — 5 runners or more
- Trophy best 3 male teams (5 runners scored)
- Trophy best 2 female teams (3 runners scored)
- **TEAMS — Pre-Registration mandatory**
- Changes not allowed on day's race

COURSE: Flat, Splits 1-3-5 miles; 5 water stations.

AMENITIES: Changing and toilet facilities at the Portuguese Sport Club. Soft drinks served after the race.

AGE GROUPS

10 K		2 MILES		ROLLER SKATES		3/4 MILE (Elem. School)	
MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	12 & Under	12 & Under	12 & Under	12 & Under	7—9	7—9
13—16	13 — 16	13—16	13—19	13—17	13—17	10—11	10—11
17—19	17 — 19	17—19	20—29	18—30	18—30	12—14	12—14
20—29	20—29	20—29	30—39	30 & Over	30 & Over		
30—34	30—39	30—39	40—49				
35—39	40—49	40—49	50 & Over				
40—44	50 & Over	50 & Over					
45—49							
50—59							
60 & Over							

PORTUGAL DAY FEAST — Bring the family. Plan to spend an enjoyable day. An opportunity to see portuguese folklore dancers, arts & crafts, portuguese food, wine & beer. Parade at 2:00 PM, Ferry Street will be closed to traffic, from Saturday afternoon till Sunday evening.

INFORMATION: For further information please call: **PORTUGUESE DEN OF LIONS: 589-7878** (After 8:00 PM)

In consideration of the acceptance of this entry, I hereby waive and release all claims for damage or injury I may have against the Portuguese Den of Lions, City of Newark and sponsors of the Portugal Day — Races held on Sunday, June 8, 86. I attest and verify that I am physically fit and have trained sufficiently for this race.

Running — 2 mile ☐ 10 K ☐ Roller Skates ☐ 3/4 Mile (School) ☐

Name .... Sex .... Age ....

Address .... Birthdate ....

City .... State .... Zip .... Phone (..........) ....

Team Entry .... (all 5 applications must be mailed in one envelopes, if possible)

Signature .... Parent or Guardian if applicant is under 18.

Please complete the above information and include a $5.00 check (per person) made out to PORTUGUESE DEN OF LIONS.

And mail to: PORTUGUESE DEN OF LIONS
18 Gotthardt Street — Newark, N.J. 07105

T-SHIRTS: Adult S.......... M.......... L.......... Children S.......... M.......... L..........